Rice University
Lifetime Physical Activity Program
LPAP 197: Introduction to Personal Wellness
Spring 2016 Course Outline

Instructor: Dr. Márcia Oliveira
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Class Time: Monday 3:00 – 4:40 pm
Location: Wellness 160A

Course Description:

This course is designed to help students understand the multilevel and complex factors that influence their personal health and wellbeing. The societal, community, and interpersonal factors that collectively impact an individual's health and wellbeing will be explored. The information learned in this course will help students make informed decisions to better influence their personal health and wellness and cope with external factors.

This class is designed to be primarily lecture with activities and discussions related to topics so that students can reflect and plan actions on health and wellness in an open environment among their peers. Personal wellness topics will be explored further with: (a) reflective essays with personal portfolios, (b) wellness assessment, (c) fitness and wellness plan, and (d) final paper. Refer to the course calendar for topics that will be covered.

Course Learning Objectives:

Upon completion of this course, the student will be able to:

- Understand current issues on health and wellness that may affects self and others.
- Assess the dimensions of wellness within a socio-ecological framework.
- Apply the seven dimensions of wellness to their lives.
- Understand current level of wellness and fitness that may interfere with healthy living.
- Understand how societal, community and interpersonal relationships impact personal health.
- Periodically know how to assess basic wellness level utilizing the five components areas.
- Modify a personal health behavior(s) by utilizing a fundamental health behavior theory.
- Locate and utilize current health and wellness resources along with technology tools.

Required Text:

Teague, M.L., Mackenzie, S.L. & Rosenthal, D.M. (2012). *Your Health Today: Choices in a Changing Society*. Champagne: McGraw Hill. 4th edition. ISBN: 0078028477

Class Attendance:

Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed one "free" absence. Should a student miss an additional class, she/he will need to arrange to make up the missed class at a time and place that is agreed upon both, the student and the instructor. It is the responsibility of student to initiate conversation with the instructor to discuss the make-up, and an agreement must be reached between the parties within two weeks of the absence. If a student fails to make up a missed second class, his/her final grade will drop by one grade letter.

Please note, students will not be allowed to make up more than one class. Three total absences, including those that were made up and no matter their circumstance, will result in a failing grade for the course.

Grading:

Course Total Points: **200**
Attendance and participation (2 points each class session) ……...…..…... **30 points total**
Reflective Essays and Personal Health Portfolios (RE/PHP)– Chapters 1- 7 (10 points each) ….... **70 points total**
Health Related Assessment (HRA) and Reassessment – Over chapters 6 – 8 (25 points each) ..… **50 points total**
Personal Wellness Final Paper (PWFP)– Overall Individual Related Area…….…… **50 points total**

Grading Scale:

Points	**Grade**
180-200	A
160-179	B
140-159	C
120 – 139	D
<120	F

Honor Code Violations:

All students are expected to uphold their pledge to the Rice Honor Code. Any student suspected of cheating on an exam or written assignment will be reported to the Chair of the Honor Council, and an investigation will ensue. Any questions that you may have about what constitutes an honor code violation in this class can be directed to the instructor.

SPRING 2016 COURSE CALENDAR

January 11	Course Overview/Guidelines/Chapter Intro	Reflection/PHP/Final overview - Health/Fitness Standards
January 18	Martin Luther King Day – NO CLASS	*Enjoy your break!*
January 25	Chapter 1-2: Self, family, and Community / Mental Health & Stress	Chapter 1-2. RS/PHP 1-2
February 1	Social Connections and Sleep	Chapters 3-4. RS/PHP 3-4
February 8	Nutrition and Fitness/Wellness Assessment (online TBA)	Chapters 5, 6. RS/PHP 5-6
February 15	Body Weight/Composition, and Image - Fitness Plan (online TBA)	Chapters 7, 8. RS/PHP 7
February 22	Alcohol, Tobacco, and Drugs (online TBA)	Chapters 9, 10
February 29	Spring Break – NO CLASS	*Enjoy your break!*
March 7	Sexual Health and Reproductive Issues	Chapters 11, 12
March 14	Infectious Diseases	Chapters 13
March 21	Cardiovascular, Diabetes, and Chronic Lung diseases	Chapters 14
March 28	Cancer, Injury and Violence	Chapter 15-16
April 4	Complementary (integrative) and Alternative Medicine	Chapter 17
April 11	Environmental Issues, Fitness/Wellness Components reassessment	Chapter 18
April 18	Course and Final Review	Final – Due April 30

ADA Statement:

This instructor, in conjunction with Rice University, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodation, please contact the Disability Support Services Office in the Ley Student Center. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.